



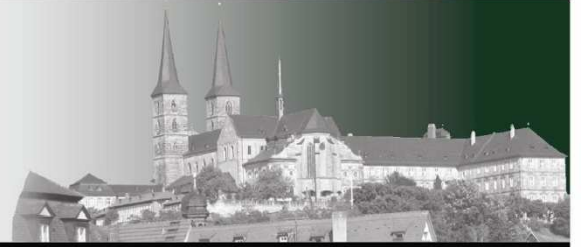
# WARNER WEEKLY

News & Information at Your Fingertips

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Thur. April 23, 2009



## Bamberg earns top DoD environmental award

By Douglas DeMaio,  
USAG Bamberg Public Affairs

The U.S. Army Garrison Bamberg's long-standing commitment to environmental stewardship was recognized April 17 when it captured the Secretary of Defense's Overseas Installation Environmental Quality award for 2009.

The award followed in the wake of the garrison's February victory in the Secretary of the Army Environmental and Sustainability Awards, which qualified Bamberg to compete at the Department of Defense award level.

"This is an outstanding achievement," said Lt. Col. Gary A. Rosenberg, commander of USAG Bamberg. "The credit for this award goes to the dedication of our environmental management division, the conservationist

effort by our residents and the partnership with the city of Bamberg; we have been making an enormous attempt to preserve the environment and it's nice to be recognized for our efforts."

"I'm thrilled and extremely proud that the secretary of defense has recognized Bamberg's achievements as a leader in environmental stewardship," added Diane M. Devens, director of Installation Management Command, Europe Region. "But the award is really the icing on the cake after years of work they've invested in their commitment to get greener."

Devens noted that Bamberg's success comes from their community motivation efforts to increase environmentally conscious behavior among everyone living and working at the garrison, "making them part of the environmental team."

The result, she said is the Army "being viewed as a well-respected partner and friend."

Each year since 1962, the secretary of defense honors individuals, teams and installations for their achievements to conserve and sustain natural and cultural resources entrusted to the Department of Defense.

"Our environmental office has outstanding and dedicated professionals and this is a big reason why Bamberg was able to win the SecDef award," said David Thompson, director of the garrison's public works, which oversees EMD. "We must also thank the community for their support; our success is a reflection of their participation and concern for the environment."

Some of EMD's programs include imple-  
(DOD AWARD continued on page 8)

## Self-defense classes providing women confidence



By Douglas DeMaio,  
USAG Bamberg Public Affairs

Learning how to defend against an assailant wasn't the only thing women were taught during the self-defense classes at the Freedom Fitness Facility on April 13 and 15.

Gaining knowledge of kicks, punches and pressure points were just a part of what the instructor called a "common defense class".

"A lot of self defense is about using common sense," said Sgt. 1st Class Calvin Newman, the acting Provost Marshal. "Evaluating a situation and acting quickly can make a difference in the outcome of an attack. If you're far enough away, run; if you're too close and not able to get away, yell and prepare to take action."

Knowing how an assailant will attack their victim is usable information, Newman said. They are not going to stand there waiting for their potential victim to do something; they're going to attack, but while they do, they will be vulnerable.

Having the confidence to take advantage of  
(DEFENSE continued on page 11)

Elizabeth Poindexter practices a combination punch during a self-defense class at the Freedom Fitness Facility April 15. The next class is at the Freedom Fitness Facility on April 24.

Douglas DeMaio



**Don't miss USAG Bamberg Spring Clean-up Day on April 29 and 30**



## Battalion celebrates Month of the Military Child with Family fun run

Story and photos by  
1st Lt. Monika Comeaux,  
173rd Brigade Support Battalion

The 173rd Brigade Support Battalion invited children and family members to participate in physical training on April 17.

Drizzling rain poured on the 57 children signed in for the morning formation called PT with the Parents.

"The idea actually came from one of the other units within the brigade," said Valerie Wells, 173rd BSB Family Readiness Support Assistant. "We decided it would be a fun event to do, especially during the month of the military child and before the battalion went to the field for a month."

The day started with a second, special 7 a.m. Reveille. The battalion took off for a short run, which was followed by the battalion commander, Lt. Col. Curtis A. Johnson's mini quiz for the children.

The commander asked them about the ranks of their parents, and what kind of military weapons most Soldiers used in the BSB.

When the children were asked what vehicle most Soldiers drive in the BSB, being as observant as they are, they came up with the answer "BMW" instead of the name of a military vehicle, which sparked laughter among the crowd. The correct answers were rewarded with battalion coins.

Four-year old Ian Coddington was one of the lucky recipients of such a coin.

Although a bit shy, he said he liked the run and was able to keep up with the pace. This was the first time he had the chance to do PT with his dad.

The unit had also set up a technical display of the most commonly used BSB vehicles and a Mobile Kitchen Trailer to feed all participants breakfast. The organizers also booked the Engagement Skills Trainer to allow children the opportunity to use real



The 173rd Brigade Support Battalion (Airborne) held a "PT with the parents" event on April 17. Although this battalion run took an unusually short route, some children finished the short run on the shoulders of their parents.

weapons equipped with electronic signal devices, which 'fire' on a large screen displaying different combat scenarios.

"During deployments, there have been similar events," said Wells, "but never with the Soldiers. It was a great experience to have the kids participate not only with their parent but with the entire battalion."

The battalion commander thinks there are great benefits to events like this.

"This is one more way that the battalion is trying to build and maintain strong family bonds," said Johnson.

"Not only is it important for the kids and their parents to share time together, it's important for the organization as a whole," said Johnson. "The friendships and unity that we build now will sustain our family members through our upcoming training exercises, and ultimately during our deployment to Afghanistan later this year."



**Lt. Col. Gary A. Rosenberg**  
U.S. Army Garrison  
Bamberg, Commander

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[www.bamberg.army.mil](http://www.bamberg.army.mil).

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# Obama's visit to Iraq motivates 54th Engineer Battalion

By 1st Lt. Mark D. Natale,  
Signal Officer, 54th Engineer Battalion

BAGHDAD, Iraq – In the early morning hours of April 7, Air Force One touched down at the Baghdad International Airport, concluding President Barack Obama's overseas tour with a surprise visit to the troops in Iraq.

The unannounced visit prompted local security forces and tenant units on the Victory Base Complex to move into high-tempo preparations to receive the Commander-in-Chief. Soldiers from the 54th Engineer Battalion, stationed at Camp Striker were invited to attend the presidential ceremony that was to take place at the Al-Faw Palace rotunda.

Soldiers awaiting entry to the event were met with an immense level of military security personnel and Secret Service agents conducting searches and screenings. Rooftop snipers and helicopters providing close-air-support added additional security to the president's motorcade. The overwhelming turnout actually filled the palace to its capacity and many Soldiers were unable to gain access to the rotunda.

"We were lucky to get in; we saw the President's motorcade pulling up and I thought we were not going to make it," said Sgt. Gary Boyer, 370th Engineer Company (Sapper), 54th Engineer Battalion. "It was so packed in there I ended up on the 3rd floor."

For the Soldiers, Sailors, Airmen, and Marines that attended the event, the gratitude toward the president making a stop to Iraq was greatly appreciated.

Obama addressed the enthusiastic crowd under a 40-foot American Flag draped



**Courtesy photo**  
President Barack Obama visits troops in Iraq on April 7 at Al-Faw Palace. Soldiers from 54th Engineer Battalion had the opportunity to see the president speak to a military crowd in the heart of Iraq.

above the rotunda floor. When the president looked into the crowd, flashbulbs from the hundreds of cameras went off lighting up the American Flag in a way reminiscent of the Fourth of July.

The president thanked the military and their families for their sacrifice. He stated quite plainly that as long as he was in the White House, the needs of the military and their families would be a priority for his administration.

Spc. Lakesha Gilmore, Headquarters and Headquarters Company, 54th Eng. Bn., said seeing Obama speak to a military crowd in the heart of Iraq was something that fulfilled her military career.

"It is just very special to me," she said, as she waited in line to be screened by security.

Gilmore has been following President Barack Obama's political career with much interest. Gilmore, a South Carolina native, became interested in politics after meeting Sen. Lindsey Graham of South Carolina on a Senate Armed Services Committee fact finding mission to Iraq in late 2008.

"I really enjoyed meeting senator Graham," she said. "I think that politics is another way to serve your nation after the Army."

Gilmore also expressed the immense pride she felt seeing the President of the United States give a speech to Soldiers in a palace once owned by Saddam Hussein.

"Having the opportunity to see the commander in chief of the Armed Forces, has been one of the most rewarding experiences of my life," she said.

## Make your health clinic appointments online in a snap

Have you been putting off some necessary health appointment, like that nagging knee problem or your annual well-exam, because there are not enough hours in the day to make that call to the health clinic?

Good news! All seven Bavaria health clinics are now able to accept appointments that you make online through your computer. The TRICARE online web-enabled appointment system enhances your Access to Care by offering some great benefits.

### Choice:

You can make your appointment when you have time through any computer. Select your appointment dates and times.

### Convenience:

Available 24 hours a day, 7 days a week, and 365 days a year. Printable reminders and directions to the health clinic.

It's easy to get started! Simply do the one-time registration by following these steps.

- (1) Go to [www.TRICAREOnline.com](http://www.TRICAREOnline.com).
- (2) Read the Online Privacy and Security Policy and click "I Agree."
- (3) Click "Site Registration"
- (4) Read the disclaimer and click "I agree."
- (5) Follow the directions on the screen to complete your registration.

Each family member will have to register

separately with their own Social Security Number and will have a separate user ID and password. (Remember to store in a secure place.)

In addition to web-enabled appointments, the TRICARE Online website also provides a wealth of information and services:  
Online Primary Care and Self-Referral  
Specialty Appointing  
Online Drug Interaction Checker  
Personal Health Journal  
Pharmacy Refills  
TRICARE Benefits Links

Log on today! [www.TRICAREOnline.com](http://www.TRICAREOnline.com)

# Occupational Therapy: A Return to Independence

By Angela Holliday, OTR/L and Sindy McCord, mTBI Occupational Therapist

April is Occupational Therapy month! Occupational Therapy (OT) has recently expanded in the European theater to serve military members and their families. In the Bavaria MEDDAC footprint, several occupational therapists are now available in the Bamberg, Schweinfurt and Vilseck communities.

Occupational therapy is multifaceted and meant to treat a wide array of injuries. Incidents such as traumatic brain injury, repetitive stress injury, and surgery may require assistance. OT also addresses such areas as sleep hygiene, anger management, and stress reduction. It can help people return to functionality in broad range of areas: dressing themselves, brushing their teeth, driving, parenting, balancing finances and even returning to their jobs.

After a detailed assessment, a therapist will develop, with the patient, an individualized treatment plan from injury through recovery. The plan allows patients to return to optimal functional levels at work or school.

Occupational therapists and occupational therapy assistants follow the practice of treating each client holistically, which means treating the entire person, not just the specific injury. A client-centered approach is used when working with patients, as the patient is considered part of the team, and helps determine treatment and goals.

Treatment provided by a qualified occupational therapist would address the overall

goals of allowing the patient to:  
Return to his/her previous commitments safely OR  
Explore educational/work opportunities that are more appropriate following injury AND  
Enjoy life to the fullest

For the military, OT plays a vital role in returning soldiers and their family members to the highest level of independence. OT helps military members with any physical and mental challenges, focuses on a possible return to a career and helps the soldier, the family, and the unit function as a whole again.

With a higher number of service members returning for OEF and OIF due to mild brain injuries from a blast, occupational therapy is ready to serve the soldier and their family with the changes they are experiencing. Occupational therapy can address many deficit areas, including those in higher level cognition, community re-entry, and home management. This may include assistance in areas such as attention span, memory, planning, or problem-solving.

OTs may help a soldier recoup the use of their hand following a disabling burn or blast injury. Hand therapy in Schweinfurt, Bamberg and Vilseck offers full evaluation and treatment services for patients with common injuries to the hands and arms, including cumulative trauma disorders, fractures, tendon repairs or replacements and joint and ligament injuries. Services include: ergonomic consultations, sensory reintegration, soft tissue mobilization, static or dynamic splinting, and therapeutic massage.

Occupational therapy is also a part of the Warrior Transition Unit and may play an active role through functional evaluations to determine if soldier can return to duty in their current MOS as well as assistance with goal setting and community reintegration. If returning to service is no longer an option, vocational or education exploration is available to the soldier.

A referral from a health care provider is required to see an occupational therapist. For appointments or more information, please call:

Bamberg: DSN:314-469-8969

CIV:0951300-8969

Schweinfurt:DSN:314-354-7051/6278

CIV:0972196-7051/6278

Vilseck: DSN:314-476-3966

CIV: 0966283-3966

## Month of the Military Child



Show your support to our unsung heroes, the children of service members, during MOMC. Child, Youth and School Services and many other MWR programs support MOMC by offering programs, specially designed for children and youth at USAG Bamberg.

**23 April FCC-** Take Pictures and make frames in all FCC Homes

**24 April CDC-** Family Fitness Day

**25 April 4-H** County Fair @ JFK Multiplex

**27-30 April** Middle School/Teen Program- "Going Solo- Living Alone"

**28 April SAS-** My Pyramid Day

**30 April FCC** Lunchtime Picnic @ Airplane Park

**30 April** CYSS Bike Rodeo- Friendship Park 1600 hrs.

# U.S. Postal Service increases mailing costs

Prices for U.S. Postal Service mailing services, including first-class mail, standard mail, periodicals (newspapers and magazines), package services, and special services will be adjusted on May 11.

The price of a first-class mail stamp increases 2 cents to 44 cents.

Customers can continue to mail letters at today's prices by purchasing the Forever Stamp before May 11.

Forever Stamps are honored whenever they are used with no need for additional postage for a once-ounce letter. On May 11, the price of a Forever Stamp will increase to 44 cents.

There will be no change in the first-class mail additional ounce price, which remains at 17 cents.

Other price changes on May 11 include:

- A postcard stamp increases a penny to 28 cents.
- The first ounce of a large envelope (flat) increases 5 cents to 88 cents.
- The first ounce of a parcel increases 5 cents to \$1.22.

New first-class mail International postcard and letter (first ounce) prices are:

- Canada – 75 cents.
- Mexico – 79 cents.
- Other countries – 98 cents.

The new prices are available at [www.usps.com/prices](http://www.usps.com/prices).

For the average household, first-class Mail stamp price change will represent an addi-

tional \$3 a year over the course of the year.

The Postal Service continues to offer great service at some of the lowest postage prices in the world.

Most Postal Service shipping services prices were adjusted in January and will not change in May.

The Bamberg APO has more than an adequate stock of the 2 cent "make-up" stamps and Forever Stamps on hand for the price increases.

All letters received for mailing on and after 11 May with old postage rate will be forwarded "Postage Due" with the exception of mail addressed to government offices. These items will be returned to sender Postage Due.

## Community Announcements

**NOTICE: Please send all announcements to Bamberg Public Affairs via the following website:**  
<http://www.bamberg.army.mil/mobi/form.asp>.

### Power Walk

Come join A Body Fit For You for a power walk through downtown Bamberg April 24 at 8 a.m. The event will start at the Freedom Fitness Facility parking lot. The cost is free, but you should bring your ID card, a bottle of water and some Euros. Strollers and dogs are allowed. For more information, email [abodyfitforyou@hotmail.com](mailto:abodyfitforyou@hotmail.com)

### 4-H Fair

The 4-H County Fair will be April 25 from 1-5 p.m. at JFK Multiplex for students in grades six-12. For more information, call 469-8950.

### AER Campaign

The 2009 Army Emergency Relief (AER) Campaign Fundraiser is still ongoing. AER needs your help and donations to continue to help the great U.S. Army Garrison Bamberg Soldiers, family members, Reservists and Retirees. Make a difference and be a part of Soldiers helping Soldiers. In 2008, USAG Bamberg helped with more than \$270,000 in Emergency Loans and Grants to Soldiers, family members and Retirees. Active duty Soldiers and Reservists can donate through their unit representatives. For more information, call DSN:469-7633.

### Teacher's yard sale

The Federal Educators Association will have a teacher's yard sale May 2 at 8 a.m. located at Bamberg Elementary School. Come support our educators. For more information, call DSN:469-7616.

### Benefits Briefing

The Army Career and Alumni Program will have a veterans benefits briefing May 6 at 8 a.m. at the Bamberg Education Center. The VA provides information about the new GI Bill, home loans, and VA health care. This ACAP-sponsored event is open to all members of the greater U.S. Army Garrison Bamberg community. For more information, call DSN:469-8925 or CIV:0951-300-8925.

### Community Dress Code Voting

There will be a vote regarding the dress code for children attending Bamberg Elementary School on May 4 through 8 and May 11 through 15 between 8-10 a.m., noon-1 p.m. and 3-6 p.m. Voter registration and signature cards will be required prior to voting. Only one vote per family with a child attending Bamberg Elementary School for school years 2009 and 2010 are recorded. The final outcome of the vote will be announced to the community on May 22. For more information, call 469-7891 or email [bamberg.slo@cmtymail.98asg.army.mil](mailto:bamberg.slo@cmtymail.98asg.army.mil).

### Self Defense

As part of Sexual Assault Awareness Month campaign, the Army Community Service Family Advocacy Program will have a two-part self defense class April 24 from 5 to 7 p.m. Space is limited. For more information, call DSN:469-7777 or CIV:0951-300-7777.

### New Series for Army Moms

Gain valuable knowledge in a comfortable supportive environment and join a special series which invites infants to attend class with Mom, Mondays from 9 a.m.-12 p.m. April 20, 27 and May 4, 11, 18. The new course is called "Part Of Your Journey Towards Successful Army Living". As with all journeys, the more information you have the more empowered you are to grow. This program includes topics such as Military Acro-

nymy, Military Customs and Courtesies, Communication, Intro to Family Financial Readiness, Stress Management and much more. For more information including info about childcare for older children contact the AFTB office at ACS CIV:0951-300-7777 or DSN:469-7777.

### NAF Resume training

The Bamberg NAF Human Resource Office will conduct resume writing classes April 23 and May 21 for anyone interested in learning about how to apply and how to write resumes for NAF positions. The course teaches job seekers how to apply for NAF vacancy announcements only. It is not a general resume writing class. The class will be in the NAF Human Resource Office training room in bldg. 7486, from 10 - 11:30 a.m. Sign up early, only 8 students maximum. For more information or to register, call DSN:469-8027 or CIV:0951-300-8027 or visit the HR Office.

### Family Life Center - Bamberg Chapel

There will be a Marriage Retreat on June 18-21 at Rhoen Park Hotel in Hausen Roth, Germany. Register today. For more information call, the Bamberg Chapel at 469-8142.

### School House Antiques Sale

There will be an antique sale sponsored by 16th Special Troops Battalion Family Readiness Group at Bamberg's Elementary School April 18 from 9 a.m. - 3 p.m. There will be a special raffle drawing for customers. Come win an antique piece of furniture.

### BSCC Earth Day Luncheon

Join the Bamberg Spouses and Civilians Club at the Warner Conference Center on April 30 as we "Go Green for Earth Day" with an all organic menu luncheon. There will be earth friendly raffle prizes and Bamberg Environmental Division will make a short Earth Day presentation. Lunch is \$15 and will be served at Noon. If you're interested in attending, please email [reservations@bsccgermany.com](mailto:reservations@bsccgermany.com) by April 24. If childcare is required, contact the CDC between April 16-23 for reservations.



## Closures / Changes

### Vacation-Credit Policy

Child Youth and School Services fee policy allows Families to take up to 2 weeks of leave or vacation without paying for days that their child was not in CYS childcare, and without losing their childcare space. To support our redeployed Soldiers and their Families, IMCOM-Europe CYS services will grant them up to an additional two weeks of childcare payment exemption without losing their childcare space. This grant will apply only to Soldiers who are officially participating in more than two weeks of block leave as part of the reintegration process. This additional credit will give these Soldiers a total of four weeks of vacation credit. Any part of the regular two-week vacation credit that has been used will be deducted from the total. For more information, call 469-1770 or visit <http://www.bamberg.army.mil/sites/mwr/PDFs/CYSSEExtraVacationCreditMemo.pdf>.

### Clinic hours

The Bamberg Health Clinic hours of operation are as follows: Monday - Thursday sick call is from 7-8 a.m.; full service is available from 7:30 a.m. until 4:30 p.m. On Fridays, sick call is from 7-8 a.m. and full service from 7:30 a.m. until 12:00 p.m. We are closed on Friday afternoons for mandatory training. The Health Clinic is also

closed on federal holidays and weekends. For more information or if you need to make an appointment, call DSN 469-1750 / Civilian 0951-300-1750. If you have a medical emergency, call the Bamberg Military Police at 0951-300-114. You may also call the TRICARE Nurse Advice Line at toll-free number 00800-4759-2330, 24 hours a day, seven days a week to talk to a nurse about your health care concerns, get self-care advice to help you feel better now, schedule appointments with your military provider, and arrange a phone call with your provider.

### ACS hours of operation

The USAG Bamberg Army Community Service is open Monday - Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays.

## Weekly Reminders

### Pre-Separation briefing

Planning to move from Soldier to Civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor 2.5 day job assistance workshop, help with resume preparation, and information about your veterans benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing. The briefing is held weekly and takes about an hour. Separating Soldiers can start ACAP one year prior to ETS whereas those Soldiers who will be retiring can start two years out from their projected retirement date. Take the first step by calling ACAP at DSN:469-8925 or CIV:0951-300-8925.

### Veterinary Facility hours

The Bamberg Veterinary Facility's new business hours are; Monday through Wednesday from 8 a.m. - 4 p.m. and closed Thursday and Friday. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory. The clinic is also closed on all American and training holidays. Over the counter products and prescriptions may be purchased during regular business hours. Due to the high demand for appointments, please notify the clinic of cancellations 24 hours in advance. In case of an emergency, please contact an off-post veterinarian. A list of off-post veterinarians is available at the clinic. For more information or to schedule an appointment please call 0951-300-7972.

## Entertainment and Leisure

### Birchview Lanes Bowling Center

See below for hours and more information or call DSN:469-7885.

-Thursday, 11 a.m.-10 p.m.  
 -Friday and Saturday, 11 a.m.- 12 a.m. (midnight)  
 -Sunday, 12 - 8 p.m.  
 -Monday, Tuesday, Wednesday - CLOSED  
 -Monday Holiday hours 12 - 8 p.m.

- Color Pin Bowling is every Friday from 4 p.m.-midnight. Win various prizes like a bowling ball, caps or reduced fees when you hit a strike with the colored pin in the no. 1 position. \$2.25 per game.
- Family Day is every Sunday from noon-8 p.m. All kids bowl for free when bowling with an adult. For every game the adult bowls, the child receives one free.
- Midday Madness is every Saturdays from noon-4 p.m. All games are 50 cents per game, with exception of a reserved birthday or organized parties. Shoe rental is \$1.75

### Outreach KONTAKT Club events

The Outreach KONTAKT Club has a new project officer, Capt. Jamel R. Carr, Tel. 0951-300-7489, email: [jamel.carr@eur.army.mil](mailto:jamel.carr@eur.army.mil). The club is

planning a trip to Munich in June and will have a flea market on post and sell coffee and cake to raise funds. Start collecting bargains for this flea market. In July the Club will visit the military museum in "Stammheim" near Schweinfurt. The Outreach KONTAKT Bowling team bowls every Friday at 7 p.m. at Birchview Lanes on post. Every Thursday our music group meets at 8 p.m. at the KONTAKT clubhouse on the Airfield. For more information on club activities contact the President Klaus Kirchhof, Tel.: 0951-24378, email: b.k.kirchhof@web.de

#### Broadway Musical

Bamberg Middle High School will perform "A Taste of Broadway" on April 23 and 24 at 6 p.m. in the High School Multi-Purpose Room. The Bamberg MHS music and drama departments will have a number of Broadway musicals. Dessert will be served during the event April 23 and dinner April 24. The cost is \$8 for dessert and \$12 for dinner. For more information, call POC's 469-8874.

#### Win Free Tickets

Experience a firework of dance, body percussion and rap - see modern dance, tap dance, hip hop and freestyle breakdance with SHEKETAK, "Rhythm in Motion", coming to Bamberg's concert hall on May 9 at 7 p.m. Thanks to a sponsorship deal you have the chance to win a free ticket at the Community Activities Center. If you are not a lucky winner, you can still take advantage of the special U.S. Army offer and buy tickets for the 90-minute show at the ticket booth at the Jako Arena. By mentioning the magic words "Army Special Offer," you will receive a category 1 ticket for adults for €33 (regular price is €39.90) or a category 3 ticket for €22 instead of €28.90. Students and children pay €22 (Cat. 1) or €16.50 (Cat. 3). For more info and a short video of the SHEKETAK show, visit [www.agenda-production.com](http://www.agenda-production.com) or contact the MWR Marketing Office at (0951) 300 7747.

#### Volleyball Tournament

The Installation Management Command Europe Unit Level Volleyball Championships starts May 15 at 10 a.m. at Freedom Fitness Facility. The cost is free. The tournament schedule is subject to change depending upon the number of units participating from each Garrison. For more information, call 469-9086.

#### Stable Theater Production

Stable Theater will present Jane Austen's classic love story, 'Emma'. The shows are June 18, 19 and 20 at 7:30 p.m. and June 21 at 5:30 p.m. Advance purchase tickets are \$9 for adults, \$7 for students. At the door, the price is \$11 and \$9. Ask about family and group discounts. For more information, call 469-8647.

#### Youth and Teens

##### Youth Physicals Day

Sports physical exams for all school-aged children requiring one for school or a Child and Youth School Services activity will be available June 6 from 8 a.m. - noon and 1 - 3:30 p.m. at the Health Clinic. Please bring your shot records and wear a short-sleeved shirt. For more information, call DSN:469-1750 or CIV:0951-300-1750.

##### Summer Enrichment

There will be a summer enrichment program for students in grades K-8 offered from June 22 - July 17. For three hours Monday - Friday, the program will teach math and reading skills through the study of art, literature, science, and media. This is an enrichment program and not

remedial. When students attended the program, they maintain more of their reading and math skills. For more information, call 469-7616.

#### Health and Fitness

##### Golf Season

Whispering Pines Golf Course kicks off the season April 25 at 9 a.m. For more information, call DSN 469-8953.

##### Family strengths and stresses

Army Community Service, Family Advocacy Program is here to provide help and support by offering New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy, Stress and Anger Management Classes. For more information, call DSN:469-7777 / CIV:0951-300-7777.

#### Continuing Education

##### Rome and Scotland with UMUC

University of Maryland University College Europe (UMUC Europe) announces two three-credit undergraduate field study courses - Scotland Literature, Culture, and History and Baroque Art in Rome. This is offered this May in Scotland and Rome. The registration deadline is May 1 with classes from May 23-30. For more information, please visit [www.ed.umuc.edu/undergrad/field\\_study](http://www.ed.umuc.edu/undergrad/field_study), contact a local UMUC field representative, or contact UMUC Europe at DSN 314-370-6762, CIV +49-(0)6221-3780.

##### UMUC Registration

Register now for University of Maryland University College - Europe classes. UMUC-Europe offers Associates and Bachelor's degrees in business, computing, humanities, science, and more. For more information, call DSN 469-7466, CIV 0951-300-7466 or email [bamb@fieldrep.ed.umuc.edu](mailto:bamb@fieldrep.ed.umuc.edu). The following class schedules will be offered during the Spring semester:

- LIBS150 - Information Literacy and Research Methods (1 semester hour), May 2 and 16 from 9 a.m. to 5:30 p.m.

##### Automotive skills

The Automotive Service Excellence exams will be given at the Bamberg Education Center May 12, 13 and 14. If you are interested in achieving ASE certifications please come by our office. For more information, call 469-7715 (Ed Center) or 469-7382 (Testing Office).

##### University of Phoenix Registration

Register now for University of Phoenix classes. University of Phoenix offers MBA (Master of Business Administration) & MAED (Master of Arts and Education) programs. For more information, call DSN 469-9280, CIV 0951-208-5350 or email [Leah.Gransbery@phoenix.edu](mailto:Leah.Gransbery@phoenix.edu). The following on-site classes are open for enrollment:

- COM/516 - Professional Communications (1 credit), April 27 - May 11 on Monday evenings from 6-10 p.m.
- MGT/521 - Management (3 credits), May 27 - July 1 on Wednesday evenings from 6-10 p.m.

##### Education Pilot Program

The Army has been selected by Congress to participate in an education pilot program designed to provide additional ways to expand education opportunities. Soldiers serving on active duty, to include National Guard and Re-

serve Soldiers on extended active duty, may acquire technical, vocational, or advanced training. This program is intended to provide training in high-demand career fields to help Soldiers find employment after they transition out of the Army. Army Education is working with technical and community colleges throughout the United States to build upon existing programs and develop new pilot re-training in career occupations such as rehabilitation, nursing, medical technology, and other health care occupations. For more information, visit the Army Vocational/Technical (AVOTEC) Web site at [https://www.hrc.army.mil/site/education/VOTEC\\_Program.html](https://www.hrc.army.mil/site/education/VOTEC_Program.html).

##### April Promotion

University of Phoenix will waive the application fee (\$45.00), first-course textbook fee (\$56.95) and electronic course materials (\$95.00) for all first-time University of Phoenix students that enroll in the month of April. For more information, call DSN 469-9280, CIV 0951-208-5350.

##### University of Phoenix

The University of Phoenix is open Monday through Friday from 7:30 a.m. - 4 p.m. It is located at the Warner Barracks Army Education Center, Bldg 7047, Room 309. Leah Gransbery, University of Phoenix field representative, can help you start your MBA or MAED program. Online and on-site courses are available and degrees can be achieved in 15-24 months. For more information, call Leah Gransbery at DSN:469-9280, CIV:0951-3009280/2085350 or email [leah.gransbery@us.army.mil](mailto:leah.gransbery@us.army.mil).

##### University of Oklahoma classes

Apply, enroll and start University of Oklahoma classes anytime. On-site and online classes are available, no GRE is required, and non-thesis programs are available. Advanced class preparation and a one-week class session are required. OU faculty flies to local Education Centers to provide high-level instruction. Your degree will be recognized both nationally and internationally. Complete your degree in 16 to 24 months. For more information, call Yadira Sanchez at DSN:467-3325 or CIV:09802-83-3325, or email [apansbach@ou.edu](mailto:apansbach@ou.edu). To find more information, visit [www.GoOu.OU.edu](http://www.GoOu.OU.edu).

#### Trips and Travel Opportunities

**Take a trip with Bamberg Outdoor Recreation in April and May**

**April 25 Main Paddle \$20**  
Earn Freedom Through Fitness points with Outdoor Recreation! Perfect for beginners, learn the basics of flatwater kayaking. Includes transportation, equipment and instruction. Departs 9 a.m. and returns approx. 4:30 p.m.

**May 2 Via Ferratta \$25**  
Join Bamberg ODR for some vertical adventures in the Hirschbachtal! Via Ferratta was designed by the Austrian and Italian Armies during WW1 to be a secure route of passage for troops over the Alps. It's great introduction rock climbing, mountaineering, or any other roped vertical endeavor. Please wear hiking shoes and layers and bring lunch, drinks and snacks. Includes transportation, instruction and equipment. Departs ODR at 8:30 a.m. returns approx. 5:30 p.m.

**May 6 & 20 Local Bike Ride Free**  
Blow off some steam after work with a quick ride with ODR through the local trails. Bikes are avail-

able from ODR for \$5. Wear athletic clothing and sneakers and bring water. This trip is free, but please sign up in advance. Departs ODR at 5:30 p.m., returns approx. 7 p.m.

**May 7 Tour Under Bamberg \$20**  
This unique trip through tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. Departs ODR at 5 p.m. returns approx. 7:30 p.m.

**May 9 Wiesent Paddle \$25**  
Get ready for summer with ODR! Perfect for beginners, learn the basics of whitewater kayaking in Little Swiss. Please wear a swimsuit and water shoes and pack drinks and lunch. Includes transportation, equipment and instruction. Departs ODR at 8:00 a.m. and returns approx. 4:30 p.m.

**May 16 Main Paddle \$20**  
Perfect for beginners, learn the basics of flatwater kayaking. Please wear a swimsuit and water shoes and bring your lunch. Includes transportation, equipment and instruction. Departs ODR at 9:00 a.m. and returns approx. 4:30 p.m.

**May 22-25 Austrian Adventure Weekend \$ 295**  
The Austrian Alps have lots of opportunities to get your adrenaline rushing—experience them first-hand with ODR. Includes: transportation, lodging (double room) with dinner Fri, Sat, Sun and breakfast Sat, Sun, Mon whitewater rafting on Saturday (with lunch) and Canyoning on Monday. On Sunday you can hike, relax or enjoy other activities for an additional fee (paragliding, mountain biking, etc.) Pack your swimsuit, hiking boots, outdoor clothing and CAMERA! Active Duty? Don't forget your mileage pass! Departs ODR 10 a.m. Friday May 22, returns approx 9 p.m. Monday May 25.

**May 30 Prague City Tour \$60**  
Tour the heart of Bohemia and the home of Kafka and the Art Nouveau movement. Explore the waterfront or the medieval castle. Includes transportation an approx. 2 hour walking tour. \$30 children 4-12. Free for children 3 and under. Departs Chapel Lot at 4 a.m. and returns approx. 11:30 p.m.

*You must register for these trips by the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, please come to Outdoor Recreation, bldg. 7047 or call DSN:469-8659/7450 or CIV: 0951-300-8659. All trips depart and arrive at Community Activity Center (CAC) unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation.*

## Outside the Gate

Weekend Events in and around Bamberg for April 24 - May 2, 2009

### Friday, April 24

- 7 p.m. "The sandman" (in German) historical tragedy at Marionette-Theater, Untere Sandstraße 30, Bamberg (tickets at [www.bvd-ticket.de](http://www.bvd-ticket.de))
- 7:30 p.m. Bamberg's Basketball team "Brose Baskets" will play the "Telekom Baskets Bonn" at Jako-Arena, Forchheimer Str. 15, Bamberg (tickets available at [www.kartenkiosk-bamberg.de](http://www.kartenkiosk-bamberg.de))
- 8 p.m. "E.T.A. Hoffmann's chamber music" at Konzert- und Kongresshalle-Joseph-Keilberth-Saal, Mußstraße 1, Bamberg (tickets at [www.bvd-ticket.de](http://www.bvd-ticket.de))
- 8 p.m. "Ralph Schüller & Band" live music at Blues Bar, Obere Sandstraße 18, Bamberg
- 9 p.m. "Clear Acoustic Message" live music at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Henning Sieverts Symmetry" live music at Jazzclub, Obere Sandstraße 18, Bamberg
- 11 p.m. "Mojow Inscene" mixed club music at Mojow-Club, Obstmarkt 8, Bamberg (11:00-12:30 is Cocktail Happy Hour)

### Saturday, April 25

- 7 a.m. "Volksmarching in Stegaaurach" (Bamberg area) start and finish: Bürgersaal Stegaaurach, 96135 Stegaaurach, distances: 5, 10 and 20 km.
- 8 p.m. "4th Charity Oldie Night" top bands live at Haas-Säle, Obere Sandstraße 7, Bamberg
- 8 p.m. "Slop" live band covering Deep Purple, Led Zeppelin, Aerosmith and Bon Jovi at Live-Club, Obere Sandstr. 7, Bamberg
- 8 p.m. "Two in Tune" live music at Blues Bar, Obere Sandstraße 18, Bamberg
- 8 p.m. "Yamaram & Darei" Ska and Reggae at Sound'n Arts Club, Sandstraße 20, Bamberg
- 11 p.m. "Mojow Mash Up Night" Mixed Club Music at Mojow-Club, Obstmarkt 8, Bamberg
- 11 p.m. "SCHWOF" various live bands and DJ rock party at Live-Club, Obere Sandstr. 7, Bamberg.

### Sunday, April 26

- 7 a.m. "Volksmarching in Stegaaurach" (Bamberg area) start and finish: Bürgersaal Stegaaurach, 96135 Stegaaurach, distances: 5, 10 and 20 km
- 7 p.m. "Gospel concert with Warren Hardy & Band at Auferstehung skirche, Pestalozzistr. 27, Bamberg
- 8 p.m. "Morgan Davis" live music at Blues Bar, Obere Sandstraße 18, Bamberg

### Monday, April 27

- 7 p.m. "The sandman" (in German) historical tragedy at Marionette-Theater, Untere Sandstraße 30, Bamberg (tickets at [www.bvd-ticket.de](http://www.bvd-ticket.de))
- 7:30 p.m. Bamberg's Basketball team "Brose Baskets" will play the "Telekom Baskets Bonn" at Jako-Arena, Forchheimer Str. 15, Bamberg (tickets available at [www.kartenkiosk-bamberg.de](http://www.kartenkiosk-bamberg.de))
- 8 p.m. "E.T.A. Hoffmann's chamber music" at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Mußstraße 1, Bamberg (tickets at [www.bvd-ticket.de](http://www.bvd-ticket.de))
- 8 p.m. "Ralph Schüller & Band" live music at Blues Bar, Obere Sandstraße 18, Bamberg
- 9 p.m. "Clear Acoustic Message" live music at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Henning Sieverts Symmetry" live music at Jazzclub, Obere Sandstraße 18, Bamberg
- 11 p.m. "Mojow Inscene" mixed club music at Mojow-Club, Obstmarkt 8, Bamberg (11:00-12:30 is Cocktail Happy Hour)

### Friday, May 1

- 8 p.m. "Night of Ska & Reggae" two live bands at at Live-Club, Obere Sandstr. 7, Bamberg
- 8 p.m. "Solly" live music at Blues Bar, Obere Sandstraße 18, Bamberg
- 9 p.m. "Schweinsohr Selection" live music at Jazzclub, Obere Sandstr. 18, Bamberg
- 9:30 p.m. "Soulshakers weekender" 60's and 70s soul music at Haas-Säle, Obere Sandstraße 7, Bamberg
- 11 p.m. "The 80 s Clubnight by Dj Jackson" mixed club music at Mojow-Club, Obstmarkt 8, Bamberg

### Saturday, May 2

- 6:30 p.m. "The flying Dutchman" (in German) romantic opera at Marionette-Theater, Untere Sandstraße 30, Bamberg (tickets at [www.bvd-ticket.de](http://www.bvd-ticket.de))

## Installation Management Command

DON'T TRUST—ASK

**Don't Take Uniforms for Granted**

**Know Your Team**

**Require Identification**

**Awareness is Your Best Defense**

Force Protection Thought of the Week

*DOD AWARD (Continued from page 1)*

mentation of an Environmental Management System, hazardous waste/materials, natural resources, air emissions, and environmental noise.

"Winning this award wasn't something that can happen overnight," said Uwe Rauch, chief of the USAG Bamberg environmental management division. "It takes a lot of commitment and time for the projects to develop and mature.

"We are very proud to win this award," he said. "Winning this award shows we are moving our program in the right direction."

The EMD's programs ensure the installation is in compliance with local, state, and federal regulations, both U.S. and German. Indeed, sustaining and protecting the environment is a two-way street where both the Bamberg military community and Bamberg host-nation community work together.

The city of Bamberg was awarded as the Environmental City of Germany and the garrison supports the local city administration of Bamberg to meet the award requirements.

The same goes for the city supporting the installation.

"The city is helping us in several ways," Rauch said. "As soon as there is a new law, they are informing us right way. They support our events and help to promote good environmental practices. We can always depend on them and contact them if we need support."

One of a few projects both the garrison and city of Bamberg worked on was a net resources product. The two organizations collaborated on reducing the mowing of grass along Berliner Ring to twice a year, which contributed to the city being named the Environmental City of Germany.

Reducing the frequency of mowing is good for endangered species, Rauch said.

A primary goal of EMD has been to educate the community about the benefits of being environmentally conscious.

One EMD initiative that had an enormous environmental influence on the community was the construction of the recycling center. The facility is open 24 hours day seven days a week. There is also a hazardous waste storage facility located at the recycling center.

Eighty-five percent of waste the community generates is recyclable, Rauch said, but only 55 percent of this waste is actually being recycled. This "missed potential" is why the garrison promotes increased use of the facility as well as all of the other recycling points on Warner Barracks.

"We highly encourage our residents to use these environmental friendly resources available to them," Rosenberg said. "Through our

awareness and education efforts with all in-processing Soldiers, we have been able to contribute to our growing reputation as an environmentally friendly community."

Overall, it's a partnership between a garrison and a host nation "to ensure the Soldiers of today and tomorrow have the land, water and air resources needed to train ... with the continued support of local communities," said Debra Dale, environmental branch chief for IM-COM-Europe.

Such a strong partnership goes both ways, said Dale, explaining: "USAG Bamberg's sophisticated use of environmental technology and sustainable practices was instrumental in the city receiving the Environmental City of Germany award.

Deputy Assistant Secretary of the Army for the Environment, Safety and Occupational Health Tad Davis recognized Bamberg earlier this year when it won service-level honors.

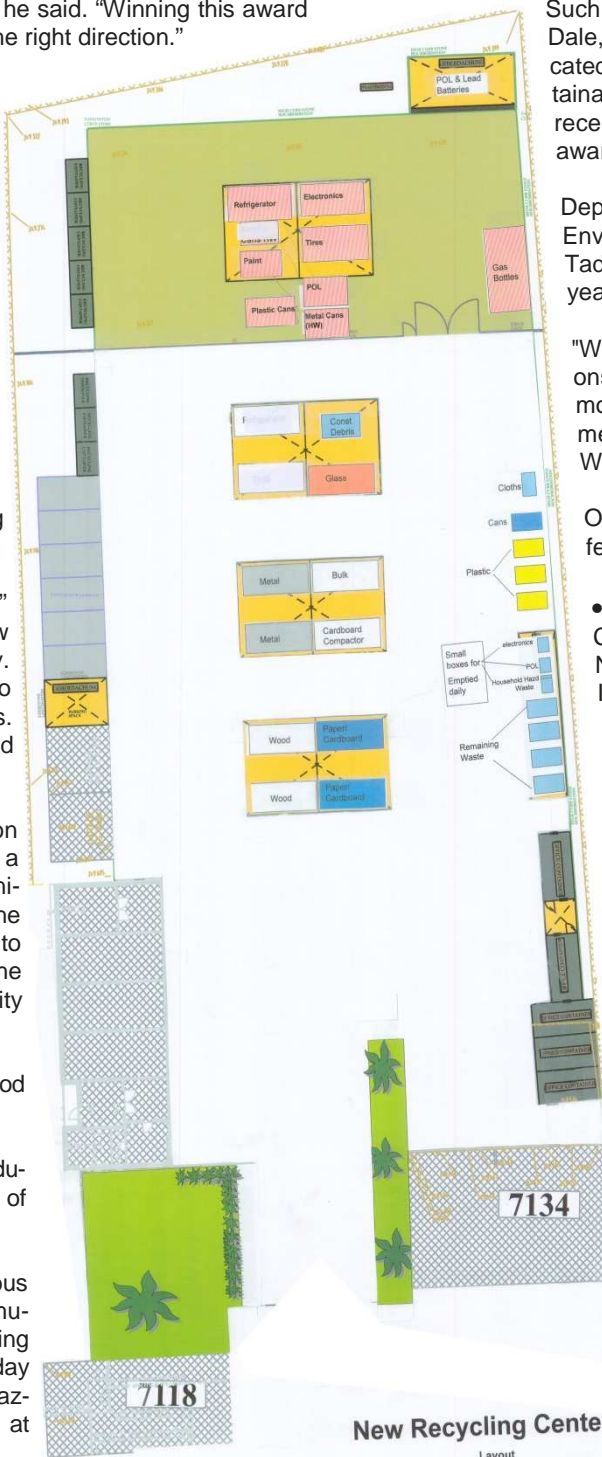
"Winners of our environmental awards demonstrate that the Army is getting more and more sophisticated in its use of environmental technology and sustainable practices. We're becoming a greener shade of green."

Other 2009 winners of the Secretary of Defense Environmental Awards are:

- Camp Ripley Maneuver and Training Center, Minnesota Army National Guard Natural Resources Conservation – Large Installation
- Vandenberg Air Force Base, Calif., Cultural Resources Management – Installation
- Fort Drum Cultural Resources Team, Fort Drum, N.Y., Cultural Resources Management – Team/Individual
- Environmental Management Division, Hill Air Force Base, Utah Environmental Quality – Industrial Installation
- Naval Air Station Whidbey Island, Wash., Pollution Prevention – Non-Industrial Installation
- 14 Civil Engineer Squadron Pollution Prevention Team, Columbus Air Force Base, Miss., Pollution Prevention – Team/Individual
- Defense Depot Memphis, Tenn., Environmental Restoration – Installation

### New Recycling Center

Layout



The under secretary of defense for acquisition, technology and logistics will officiate a ceremony honoring the winners on June 3 at the Pentagon. For more information on Bamberg's Secretary of Defense Environmental Award, visit <https://www.denix.osd.mil/portal/page/portal/content/environment/awards/2008SecDef/6551D9301EDB748AE040A8C00B161E46>.

The Recycling center is conveniently located off JFK Boulevard on Washington Loop down the street from the Stable Theater near building 7118.



**Please call us and tell us when you sell your item so we can remove the advertisement. Thank you.**

## EMPLOYMENT

Army Air Force Exchange Service Bamberg is accepting applications for entry-level retail and food service positions. Join our team, log on to [www.aafes.com](http://www.aafes.com) today and be part of our new workforce of tomorrow. For more information, call 0951-303159. (04/23/2009)

Automotive Technology instructors needed. Central Texas College-Europe is accepting applications for Automotive instructors who have an Associate's degree or higher and a minimum of 5 years work experience in the maintenance field or a Bachelor's degree and a minimum of 3 years work experience in the maintenance field. For more information, call Sonia Rivera at 469-7467.

Bamberg Elementary School has openings for part-time Education and Training Technicians (Special Education Aide). For more information on our open continuous vacancies go to [www.eu.dodea.edu](http://www.eu.dodea.edu).

Bamberg Elementary School has openings for Lunch Monitors. If you are looking for a part-time job and like working with children, stop by the BES main office for an application. For more information on our open continuous vacancies, go to [www.eu.dodea.edu](http://www.eu.dodea.edu).

## FOR SALE

2005 Ford Expedition Eddie Bauer loaded. Seats 8, all leather, heated & AC seats, rear entertainment system, power rear folding seats, custom mats, 6 disk cd changer and much more. \$19,750 OBO. Call 0160-495-9647 or 0951-301-4945

Multi-family yard sale, Saturday 25 APRIL @ 51 Walnut Street (Last road of housing facing autobahn) 8 a.m. - 4 p.m. Clothes, furniture, electronics, sports equipment and much more!

Multi-family Yard Sale Saturday April 25 from 8 a.m.—1 p.m. Building 7631 Stairwell 18 Lindenager Baby items, kids toys and clothes, misc household items, adult clothes.

I am selling an evenflo car seat and stroller with rain cover and car seat cover for a boy or girl for \$140.00. I also have a convertible car seat for boy or girl that I would like to get rid of too for \$130.00. You can contact me at 0951-301-2997 or at [guera151206@hotmail.com](mailto:guera151206@hotmail.com). Prices are negotiable and pictures are available thank you.

PCS Sale! Will discount for purchase of multiple items. 27" JVC TV (\$100), 32"

JVC TV (\$150), Sony STR-DE845 Stereo (\$200), Sony 300 Disc CD Changer (\$100), HP Pavilion Pentium 3 PC (great kid computer, \$250), Italian Nicoli brown leather purse & wallet set (brand new, \$200), Apple pattern kitchen set (20 piece Dinnerware set includes 4 each of dinner plates, salad plates, bowls, mugs, & drinking glasses as well as mixing bowl, utensil holder, set of 3 canisters, sugar bowl and creamer pitcher, salt & pepper shakers, & candle holder, all for \$150). Pictures or further description available upon request. Email Team-Bamberg123@googlegmail.com or call 0162-272-8674.

Baby stuff for sale. I have a 3-in-1 crib and mattress, baby toys, double stroller with a matching carrier car seat that attaches, crib bedding for a boy and girl, some maternity clothes, and a highchair. Email me at [twyla@aaronandkai.com](mailto:twyla@aaronandkai.com) if interested. Ask for Twyla. (04/09/09)

2002 Jaguar X-TYPE. U.S. specs. Black Leather Interior. Dark Gray/Blue Exterior. iPod hook up installed and more. Only 6,000 or best offer. Need to sell soon. Passes Inspection. Good Car. Ricecough@gmail.com 015124009516. (04/02/09)

PCS Sale. Large dog kennel like new \$40.00. 220 Coffee pot with water filter \$25.00. 220 Hair Dryer with diffuser \$35.00. Email [infantecrystal@hotmail.com](mailto:infantecrystal@hotmail.com) or phone 0951-297-1203.

FOR SALE – Jenny Lind crib and changing table (w/mattress & changing pad); white; good condition \$160 Black vinyl glider rocker/recliner and ottoman for the \$30. For more info please call Jenny Looman at 0151 2400 8403.

AFN decoder and satellite dish with brackets, remote, and receiver cost me \$500 new. Asking only \$350 to sell entire system with cables and mounting instructions. Call 0951-300-9344, or mobile 0176-283-54207.

For Sale, 12 books Jim Henson's "Muppet Babies" \$12. 20 books Jim Henson's "Muppets" \$20. 28 books "Alphapets"-Grolier Books \$28. 20 books Walt Disney's-Grolier Book Club Edition \$20. 18 books Dr. Seuss \$18. 12 books "Clifford and Company and Activity Books" \$12. 10 books "STEP into reading" \$10. All books are in very good condition. Please call: (0951)297-1283 or email: [elise1206@hotmail.com](mailto:elise1206@hotmail.com). (03/12/2009)

## FOR RENT

Brand new, fully furnished, 70qm apartment with build in kitchen, large living room, bedroom and bathroom (all furnished). Call Bridget at 0162-8769391. (02/05/09)

Ideal for PCS move/extended TDY. Close to Gate 3 Warner Barracks (Benkertstrasse 11). There are 65 square meters of space for two persons. Price is 990 euro/month depending on the length of stay. Call Petra (owner) 0951-45865, 0170-5927887, or for English call Charles at 0176-283-54207.(03/19/09)

## MISCELLANEOUS

LOST: white Star Wars PSP. Lost behind School Age Services at the ball fields. If found please contact Terri at CIV:0951-209-9239.

WANTED: Someone to dog sit for 3 weeks in June-July. 3yr old Female English

Bulldog. Must be willing to keep dog on your home. Will pay per day. Please contact Christine at 0951-209-6956.

WANTED: Comfy Rocking Chair to rock baby. Pictures requested if avail. Email me at [dogear\\_graphics@yahoo.com](mailto:dogear_graphics@yahoo.com).

WANTED: Woman's bike to fit 5'6" woman. In good to fair condition for a reasonable price. Please call 0151-238-43173 or e-mail [andreagarner@gmail.com](mailto:andreagarner@gmail.com).

WANTED: King Size Bed, Girl Toddler Clothes (sizes 2T - 3T), Everything needed for AFN Cable off-post, an automatic car priced below \$1200 (must be able to pass inspection), and an overstuffed recliner (LAY-Z-BOY) or glider with ottoman. Feel free to call me at 01747039965 from 1 - 7 p.m., Mon-Fri ...ask for Dana...or email me at [dana.wilson3@us.army.mil](mailto:dana.wilson3@us.army.mil). Pictures requested if available.

NEED A BABYSITTER? I live in Hallstadt, and am offering reasonably priced childcare and flexible hours. Available Mon-Fri, most weekends and most holidays. Feel free to call me at 01747039965 from 1 - 7 p.m., Mon-Fri, ask for Dana....or email me at [Dana.wilson3@us.army.mil](mailto:Dana.wilson3@us.army.mil).

Calling all Aggies / Graduates of Texas A&M, did you graduate from Texas A&M, or supported an Aggie? Would you like to get back in contact with other Aggies? Are you interested in spending Muster this year with other Aggies? There are Aggies in Bavaria who are interested in getting an Aggie group started. It doesn't matter if you graduated from Texas A&M yourself, have a child there, or are planning on attending yourself in the future. Send an e-mail to [AggiesInBavaria@googlegmail.com](mailto:AggiesInBavaria@googlegmail.com), and we'll reply with more information about setting up a

meeting. Help us spread the Aggie network a little farther. (02/26/09)

The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 pm dinner and Bible study at our home (Sonnenstr. 7; 96175 Pettstadt; ph 09502-8037, [www.cadence.org/huisjen](http://www.cadence.org/huisjen)). Join us on Sundays at the 11:00 Protestant Service (Post Chapel).(01/15/09)

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. AWANA meets at the Bamberg High School gym every Sunday evening from 4:30 to 6 p.m. Come join us as we worship, celebrate and get to know our Lord. For more information call Chaplain Williamson at DSN:469-1570 or CIV:0951-300-1570.

## AD SUBMISSIONS

*When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after three weeks of being published in the Warner Weekly. If you have something you want to advertise in the classified section, please e-mail your submissions to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil). We will ONLY accept classified ads by email. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, call 469-1600 or email [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).*

## Art exhibition of Dr. Delome Greenwald-Schmitt "Chakras"



Vernissage is April 30 from 4-6 p.m.  
at the Community Bank  
The exhibition runs from April 30 to Sept. 1

For more information, call 469-8778

# IMCOM-E Mountain Bike Series 2009

**Aviano Sat, Apr. 18**

USAF-E hosts; 632-7459, 434307459

**USAG Stuttgart Sat, May 16**

Stuttgart ODR hosts; 431-2774, 07031-41-9058

**USAG Kaiserslautern Sat, June 6**

KL ODR hosts; 493-4117, 0631-3406-4117

**USAG Hohenfels Sat, June 20**

Hohenfels ODR hosts; 466-2060 / 2225

**USAG Ansbach Sat, July 18**

Ansbach ODR hosts; 467-3225

**Ramstein Sat, July 26**

USAF-E Ram Fit Ctr hosts; 480-0298

**USAG Bamberg Sat, Aug. 8**

Bamberg ODR hosts; 469-8837, 0951-297-1289

**USAG Wiesbaden Sat, Aug. 22**

Wiesbaden ODR hosts; 337-5760, 0611-705-5760

**USAG Garmisch Sat, Sep. 12**

Garmisch ODR hosts; 440-2638

**NATO School Sun, Sep. 13**

Oberammergau; 08822-9482-3102

**USAG Hohenfels Sat, Sep. 26**

CHAMPIONSHIPS; 466-2060 / 2225

For more information visit [armymwr.com](http://armymwr.com)

Standing & Results POC: Andrew Overfield, 421-2227

Coordinator: Jim Mattingly, 370-7944, 06221-57-7944



No Federal Endorsement of Sponsors Implied!

# SHEKETAK

RHYTHM IN MOTION

Show Sensation from Israel!

## May 9, 7 p.m. Bamberg Konzerthalle

Win a free ticket  
at the Bamberg  
Rec Center, daily, 5 p.m.  
(until tickets last)

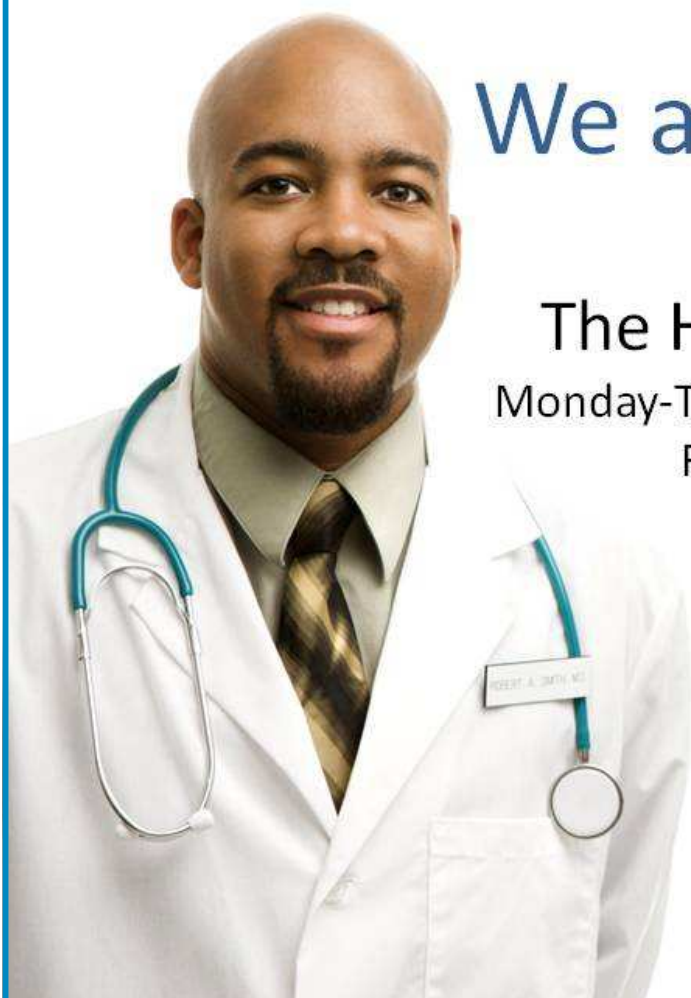
Special Ticket Prices for  
Service Members and  
Family Members!  
Only at JAKO Arena  
Ticket Booth,  
Forchheimer Str 15.

Supported by MWR Bamberg

# We are here for you

The Health Clinic's hours are  
Monday-Thursday from 7:30 a.m. - 4:30 p.m. &  
Friday from 7:30 a.m. - noon

Please call 0951-300-1750 or visit  
TRICARE Online at  
[www.tricareonline.com](http://www.tricareonline.com) to schedule  
an appointment



## "You need to understand how to protect yourself while striking your attacker,"

**- Sgt. 1st Class Calvin Newman**  
Acting Provost Marshal

### DEFENSE

(Continued from page 1)

an attacker's vulnerabilities while they're attacking isn't just about mentally knowing what to do, but physically being able to do it, Newman said, who enjoys learning mixed-martial arts.

"It takes muscle memory," he said. "You need to understand how to protect yourself while striking your attacker and you need to be comfortable with motions; it takes a lot of practice and a lot of repetition."

Newman and two of his fellow Military Police officers assisted the women in understanding their fighting stance, the motions of their strikes and the vulnerabilities of human pressure points.

"Take what you've learned here and continue to practice it," Newman said. "It's only going to be useful if you continue developing your knowledge and understanding of these techniques."

The training, which was two hours of basic self-defense fundamentals, will be offered again April 24 at the Freedom Fitness Facility beginning at 5 p.m.

The classes were arranged by Karoushia Jordan, U.S. Army Garrison Bamberg's Sexual Assault Response Coordinator, and Newman.

Since April is Sexual Assault Awareness Month, Jordan thought the self-defense classes would be a perfect opportunity to provide more awareness and education on prevention of sexual assault.

The Bamberg community is invited to participate in all these Sexual Assault Awareness Month programs, Jordan said.

The interest in the self-defense classes seemed to draw a lot of attention in the community, she said, so Jordan is exploring the possibility of have a routine self-defense class.

"The women are asking for more of these classes," Jordan said.


The classes self empower the students and give them more confidence in themselves, Jordan said.

For more information about the self-defense class or prevention of sexual assault, call 469-8397. Bamberg's 24-hour crisis hotline for personal distress is 0162-5102917.

## Bamberg Movie Schedule

**AAFES Reeltime Theater is CLOSED Tue. and Wed.**

Thu.	Apr. 23	Push (Pg-13)	7 p.m.
Fri.	Apr. 24	Friday The 13th (R)	7 p.m.
Sat.	Apr. 25	The Pink Panther 2 (Pg)	3 p.m.
		Fast And Furious (Pg-13)(1strun)	7 p.m.
Sun.	Apr. 26	The Pink Panther 2 (Pg)	3 p.m.
		Fast And Furious (Pg-13)(1strun)	7 p.m.
Mon.	Apr. 27	Push (Pg-13)	7 p.m.
Thu.	Apr. 30	Friday The 13th (R)	7 p.m.
Fri.	May 1	Fired Up (Pg-13)	7 p.m.
Sat.	May 2	Confessions Of A Shopaholic (Pg)	3 p.m.
		17 Again (Pg-13)(1strun)	7 p.m.
Sun.	May 3	Confessions Of A Shopaholic (Pg)	3 p.m.
		17 Again (Pg-13)(1strun)	7 p.m.
Mon.	May 4	Fired Up (Pg-13)	7 p.m.
Thu.	May 7	The International (R)	7 p.m.
Fri.	May 8	The International (R)	7 p.m.
Sat.	May 9	Street Fighter: The Legend Of Chun-Li (Pg-13)	3 p.m.
		Madea Goes To Jail (Pg-13)	7 p.m.
Sun.	May 10	Street Fighter: The Legend Of Chun-Li (Pg-13)	3 p.m.
		Madea Goes To Jail (Pg-13)	7 p.m.
Mon.	May 11	Obsessed (Pg-13)(1strun)	7 p.m.
Thu.	May 14	Obsessed (Pg-13)(1strun)	7 p.m.
Fri.	May 15	Watchmen (R))	7 p.m.
Sat.	May 16	X-Men Origins: Wolverine (N/A)(1strun)	3 p.m.
		Miss March (R)	7 p.m.
Sun.	May 17	X-Men Origins: Wolverine (N/A)(1strun)	3 p.m.
		The Last House On The Left (R)	7 p.m.
Mon.	May 18	X-Men Origins: Wolverine (N/A)(1strun)	7 p.m.
Thu.	May 21	The Last House On The Left (R)	7 p.m.
Fri.	May 22	Miss March (R)	7 p.m.
Sat.	May 23	Star Trek (Pg)(1strun)	3 p.m.
		Star Trek (Pg)(1strun)	7 p.m.
Sun.	May 24	Coraline (Pg)	3 p.m.
		Duplicity (Pg-13)	7 p.m.
Mon.	May 25	Star Trek (Pg)(1strun)	7 p.m.
Thu.	May 28	Duplicity (Pg-13)	7 p.m.
Fri.	May 29	Coraline (Pg)	7 p.m.
Sat.	May 30	Race To Witch Mountain (Pg)	3 p.m.
		Angels And Demons (Pg-13)(1strun)	7 p.m.
Sun.	May 31	Race To Witch Mountain (Pg)	3 p.m.
		Angels And Demons (Pg-13)(1strun)	7 p.m.





# 3-on-3

## Basketball Tournament

### May 16

**Freedom Fitness Facility**  
immediately following the  
Garrison Townhall at 4 p.m.  
Register your team not later than 11 May

**Call (0951) 300 8890**

No Federal Endorsement Implied

# Army Emergency Relief



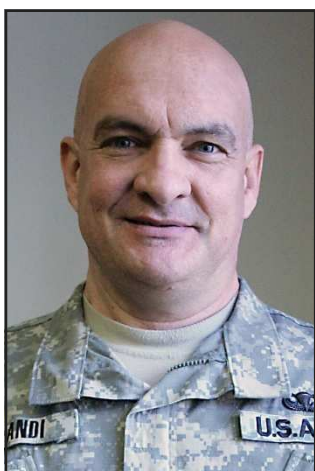
**Staff Sgt. Maurice Kinnard**  
U.S. Army Garrison Bamberg



## Soldiers helping Soldiers



**Capt. Chris Richelderfer**  
U.S. Army Health Clinic Bamberg



**Chief Warrant Officer Anthony Orlandi**  
173rd Brigade Support Battalion



**Vanessia Holland**  
Army Emergency Relief Manager



**Sgt. Tara Epperson**  
106th Finance Company

## Lasts until May 15

## See your unit representative today



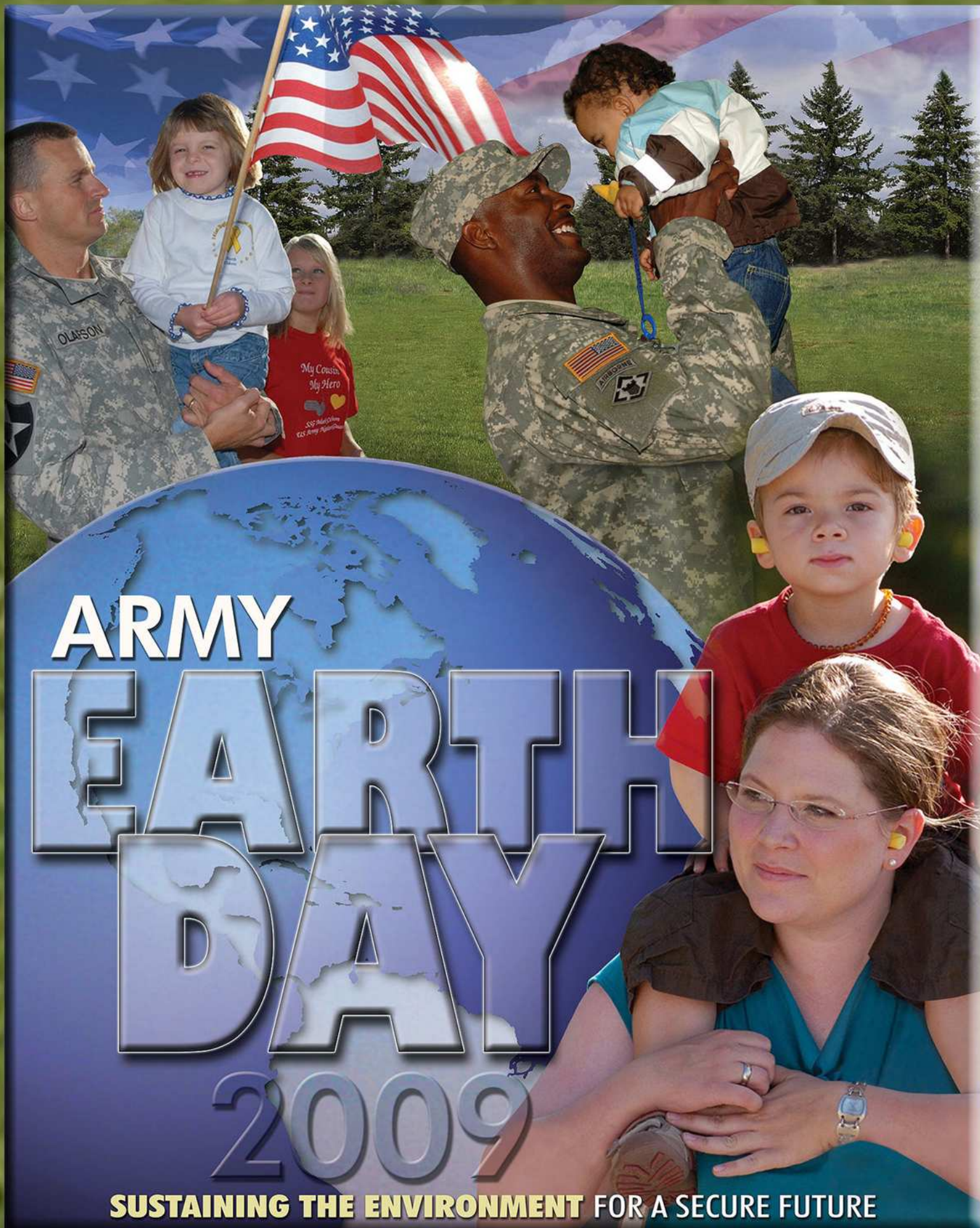
**2nd Lt. Loring Jones**  
630th Military Police Company

**For more information,  
call 469-7777**



**2nd Lt. Avis Liverpool**  
54th Engineer Battalion

# Celebrate Earth Day May 27 at Engineer Lake



**ARMY**  
**EARTH**  
**DAY**  
**2009**

**SUSTAINING THE ENVIRONMENT FOR A SECURE FUTURE**

**From 9 a.m. to 2:30 p.m.**